



## WELCOME TO **WELLNESS HOUSE** AT LOYOLA MEDICINE

**Loyola University Medical Center**  
Cardinal Bernardin Cancer Center  
First Floor Coleman Center  
2160 S. First Ave, Maywood, IL 60153

### **Nutrition Programs**

**Nutrition Tips for GI Cancers**  
Thursday, May 14 | 9:30 - 10:30 am  
Join the Wellness House Nutrition Team and talk about the latest GI cancer nutrition tips while enjoying a snack.

### **Wellness House Showcase**

**Tuesday, May 5 | 9:30 - 11:00 am**  
Wondering what Wellness House free cancer support services are all about? Join us for snacks, conversation and participation in brief Wellness House program offerings, including exercise, stress management, and support.

**LEARN MORE  
& REGISTER**



## FREE CANCER SUPPORT

### **Exercise Programs**

#### **Stretching for Joint Health**

Friday, April 10 | 9:30 - 10:15 am

This class is designed to support cancer survivors in reclaiming flexibility, reducing stress, and enhancing overall well-being through gentle stretching exercises

#### **Yoga for Digestion**

Thursday, May 21 | 9:30 - 10:15 am

This class combines mindful movement, breathing exercises, and relaxation techniques to alleviate common digestive issues such as bloating, constipation, and discomfort.

#### **Exercise for Better Balance**

April 14, 28, May 12, 26, June 9, 23  
9:30 - 10:15 am

Exercise for Better Balance will include standing and seated exercises to help participants improve strength, coordination, and stability.

For more information, visit [Wellnesshouse.org/loyola](https://Wellnesshouse.org/loyola), call 630.654.5356 or email [whchicago@wellnesshouse.org](mailto:whchicago@wellnesshouse.org)

**Wellness House** for LIVING with CANCER  
You'll feel better inside.